



Padma Basic® Dosage		
Support	Capsules	
	<i>Loading Dose</i>	<i>Standard Dose</i>
Active Support	6 capsules daily (3 capsules, 2 times daily)	6 capsules daily (3 capsules, 2 times daily)
Long term support	6 capsules daily (3 capsules, 2 times daily)	2 capsules daily

Additional Usage Guidelines:

This product is best absorbed without food, but may be taken with food if necessary.